

Get Help and Spread The Word!

Possible Treatments

- Use different pillow or change your sleeping position.
- Eat a healthy diet and exercise regularly.
- Lower your BMI to eliminate fatty tissue and open upper airway to breathe.
- CPAP (continuous positive airway pressure) machine to offer pressurized airflow into the throat.
- Oral Appliance Therapy (OAT) to shift lower jaw forward, opening up airway
- Surgical treatment



Take a Step Towards Change and Improvement:

At the VA Palo Alto Health Care System, researchers are studying how **Cognitive Behavioral Therapy** can improve CPAP machine usage and adherence for Veterans with PTSD.

Eligible Participants:

- Veterans 18 years old or older
- Have PTSD
- New Diagnosis of Obstructive Sleep Apnea

Compensation

Compensation: Ranges from \$20-\$320

For more information and a confidential discussion, please call our research staff at (650) 849-0482

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Palo Alto Health Care System

3801 Miranda Ave • Palo Alto, CA 94304
(650) 493-5000 • www.paloalto.va.gov

Sleep Apnea

What You Need To Know

Do you always feel tired and struggle to stay awake throughout the day?

Do you snore or stop breathing while asleep?

Have you ever been diagnosed with sleep apnea?

VA



U.S. Department of Veterans Affairs

Sleep Apnea is the Most Common Chronic Illness in the U.S.

Studies show that 24% of males and 9% of females have sleep apnea, more than 30 million people in U.S. Over 50,000 deaths occur **yearly** due to sleep apnea. Over half of all people with sleep apnea are 35 years or older and overweight. 80-90% of affected people are undiagnosed and untreated.

Snoring is the precursor to sleep apnea, affecting 1 in every 2 adults. From your snoring, your bed partner can lose up to one **hour** of sleep each night, which is over 15 days per year!

3 most common events caused by sleep apnea are:

- Heart Attacks
- Strokes
- Accidents (eg, motor vehicle)

Awareness and proper treatment can prevent or decrease these from occurring.



3 Types of Sleep Apnea:

1. Obstructive Sleep Apnea (OSA)

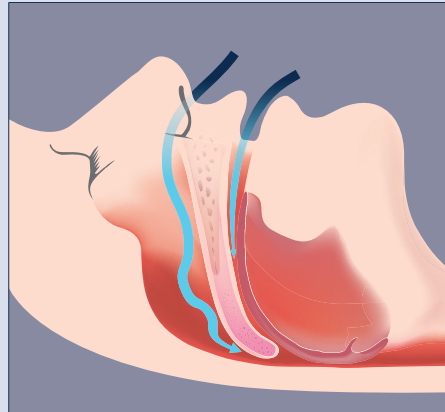
Absence of airflow through nose and mouth despite persistent and increasing efforts to breathe

2. Central Sleep Apnea (CSA)

Absence of any effort to breathe and consequently an absence of airflow through nose and mouth

3. Mixed Sleep Apnea

A combination of the two above



With OSA, breathing gets blocked!

Breathing is blocked due to:

- Small upper airway
- Fatty tissue
- Smaller jaw
- Larger tongue
- Presence of tonsils

What Are the Risks?

Untreated sleep apnea can cause:

- High blood pressure and other cardiovascular disease
- Memory problems
- Weight gain
- Diabetes
- Impotence
- Headaches
- Apathy
- Depression
- Excessive daytime sleepiness
- Job impairment
- Motor vehicle crashes



Don't Wait!

If you think you or someone you know maybe be suffering from sleep apnea, contact your physician immediately! OSA develops slowly and most people do not recognize they suffer from it until it is very severe. Seek treatment to ensure no long term or permanent damage. You will be amazed at how much better you feel!